

The Las Vegas **ACTIVE ADULT**

Your Guide to Living Beyond The Neon at 50+

April-June 2010



19th Annual
90 Plus Banquet
"A Day of Renaissance"
Friday, May 21
Las Vegas Senior Center
(See page 19 for details.)

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Para información en español, llame al 229-6690.

Facility Locations & Contacts



All facilities closed Monday, May 31.

- | | |
|--|--|
|  | Centennial Hills Active Adult Center Monday-Thursday, 8 a.m.-8 p.m.; Friday, 8 a.m.-6 p.m.
6601 N. Buffalo Drive 229-1702 <i>Coordinator: Roney Fuller</i> |
|  | Derfelt Senior Center Monday-Friday, 8 a.m.-4 p.m.
3343 W. Washington Ave. 229-6601 <i>Coordinator: Amy Solich</i> |
|  | Doolittle Senior Center Monday-Friday, 8 a.m.-5 p.m.
1930 N. J St. 229-6125 <i>Coordinator: Nicole Koerwitz</i> |
|  | East Las Vegas Community/Senior Center Monday-Friday, 8:30 a.m.-4:30 p.m.
250 N. Eastern Ave. 229-1515 |
|  | Howard Lieburn Senior Center Monday-Friday, 8 a.m.-4 p.m.
6230 Garwood Ave. 229-1600 <i>Coordinator: David Walker</i> |
|  | Las Vegas Senior Center Monday-Friday, 8 a.m.-8 p.m.
451 E. Bonanza Road 229-6454 <i>Coordinator: Lettie Peters</i> |
|  | Downtown Senior Services Center Monday-Friday, 8 a.m.-5 p.m.
310 S. Ninth St., 1 st Floor 229-6690 <i>Customer Service: Delfina Flores</i> |
| | Senior Citizens Law Project Monday-Friday, 9 a.m.-4 p.m.; By Appointment Only
310 S. Ninth St., 2 nd Floor 229-6596 <i>Project Administrator: Sheri Cane Vogel, Esq.</i> |

This edition of **The Active Adult** has a wide variety of classes, activities and workshops that were designed with your leisure-time needs in mind.

The Senior Citizen Programs Division continues to encourage and promote healthy lifestyles with programs that offer physical activities, exciting programs and fun ways to meet new friends. Our centers are run by top notch staff that work hard to develop programs that meet your needs. For locations, program hours and phone numbers, please see the map on the previous page.

Please feel free to share with staff any ways that we can improve this brochure. We value your ideas and want to make sure that this brochure provides the information you need. We look forward to a fantastic spring season of activities for you.

Thank you for being our customer!

Sincerely,

Ed Jost

Ed Jost
Manager
Senior Citizen Programs Division



AARP Free Tax Preparation

See page 24 for information.

Working together with you to meet your leisure-time needs is our priority.

Got some ideas for new programs and activities you'd like to share? We welcome them all! Some of our best classes, workshops and special events have come directly from suggestions from you, our valued members. Keep them coming!

Getting Started

Classes and activities are subject to change. Fees are per class unless otherwise noted. Please call individual facility to verify times and dates. Annual membership required is \$2. Please register for special events and workshops at least one week in advance. All day trips require advance registration and non-refundable transportation fee; spaces are limited and additional costs are noted. Registration will begin the first business day of the month before the event.

Online registration is also available for activities that include a class code at www.clvbeyondtheneon.com. Please call any facility if you need assistance.

We are committed to recognizing, respecting and serving our diverse community. We strive to present a broad variety of programs and services that offer a conscious acceptance, education and inclusion of people of all ages, abilities and backgrounds.



Park Ambassadors

Get involved today!

Volunteering keeps you active and connects you to the community. **Park Ambassadors** are the eyes of the neighborhood and help keep the parks safe for everyone. In addition, they contribute their time and talents on projects at hospitals and community centers for the holidays and special occasions throughout the year.

Responsibilities include daily inspection of your park and greeting the visitors. Interested volunteers may call Stephanie Richard at 229-4160 for more information. Thank you in advance...we can't do it without you!

Meeting Schedule

April 8 • 10 a.m. • Derfelt Senior Center
May 13 • 10 a.m. • Derfelt Senior Center
June 10 • 10 a.m. • Derfelt Senior Center

Park ambassadors help preserve our parks for a better tomorrow!

Centennial Hills Active Adult Center

CLASSES & ACTIVITIES

229-1702

Computer lab and library are open daily, no charge.

♥ = Heart Healthy Activities

FM = Fitness Membership; \$15 per month and includes access to all fitness classes.

* By appointment only.

** Offered through a partnership with the YMCA to provide fitness and recreational opportunities. Ask for details.



Monday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 9 a.m.	AM Yoga	FM
9 a.m.	Medicare Counseling (2 nd Monday)	Free
9:30 a.m.	Indoor Golf Lessons NEW!	Free
10 a.m.	Pinochle	Free
♥ 10:30 a.m.	Belly Dancing	FM
♥ 11 a.m.	Lap Swimming at YMCA**	Free
11 a.m.	Bingo (2 nd Monday)	\$2
♥ Noon	Tai Chi Gong	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 12:30 p.m.	Water Aerobics	FM
1 p.m.	Digital Camera* \$5/30-minute session	
1 p.m.	Weight Room Basics	FM
1 p.m.	Mah Jongg	Free
♥ 1:30 p.m.	Arthritis Aerobics	FM
♥ 1:30 p.m.	20, 20, 20	FM
1:30 p.m.	Red Hat Society	Members Only
2 p.m.	Beginning Ballroom Dance	\$5/month
♥ 2:30 p.m.	Mat Pilates	FM
3 p.m.	Intermediate Ballroom Dance	\$5/month
3 p.m.	Pinochle	Free
♥ 3:30 p.m.	Miracle Ball	FM
♥ 4 p.m.	Cardio/Weight Room at YMCA**	Free

Tuesday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
9:30 a.m.	Quilting	Free
10 a.m.	Beginning Computers	\$20/4 weeks
♥ 10:30 a.m.	Indoor Walking	FM
♥ 11 a.m.	Lap Swimming at YMCA**	Free
11:15 a.m.	Intermediate Computers	\$20/4 weeks
11:30 a.m.	Laughter Yoga	FM
12:30 p.m.	Intro to eBay	\$20/4 weeks
♥ 12:30 p.m.	Weight Room Basics	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
1 p.m.	Poker	Free
♥ 1:30 p.m.	Yoga Dance	FM
♥ 2:30 p.m.	Core/Abs Plus	FM
3 p.m.	Dominoes (Mexican Train)	Free
4 p.m.	Pinochle	Free

Wednesday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
9 a.m.	Knitting	Free
9:30 a.m.	Indoor Golf Lessons	Free
10 a.m.	Scrapbooking (3 rd Wednesday)	Free
10 a.m.	Monthly Movie (Call for date)	Free
♥ 11 a.m.	Lap Swimming at YMCA**	Free
Noon	Tote Painting	Free

Wednesday (continued)

♥ 12:30 p.m.	Water Aerobics	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
1 p.m.	Genealogy (2 nd Wednesday)	Free
1 p.m.	Red Hat Society	Members Only
	(4 th Wednesday)	
♥ 1:30 p.m.	Arthritis Aerobics	FM
♥ 1:30 p.m.	20, 20, 20	FM
♥ 2:30 p.m.	Mat Pilates	FM
♥ 3:30 p.m.	Miracle Ball	FM
♥ 4 p.m.	Cardio/Weight Room at YMCA**	Free
4 p.m.	Party Bridge	Free
4 p.m.	Bunco & Dinner (3 rd Wed.)	\$5
4 p.m.	Nintendo Wii	Free
♥ 4 p.m.	Tai Chi Gong	FM
♥ 5 p.m.	Yoga	FM

Thursday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 9 a.m.	Senior T.O.P.S.	Free
♥ 9 a.m.	AM Yoga	FM
9:30 a.m.	Jewelry Design	Free
♥ 10:30 a.m.	Indoor Walking	FM
♥ 11 a.m.	Lap Swimming at YMCA**	Free
11:30 a.m.	Poker	Free
♥ Noon	Tai Chi Gong	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
12:30 p.m.	Mah Jongg (National League)	Free
♥ 1:30 p.m.	Yoga Dance	FM
♥ 2 p.m.	Line Dancing	Free
♥ 2:30 p.m.	Core/Abs Plus	FM
♥ 3:30 p.m.	Weight Room Basics	FM
3:30 p.m.	Rummikub	Free

Friday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 8:30 a.m.	Water Aerobics	FM
9 a.m.	Party Bridge	Free
♥ 9:30 a.m.	Arthritis Aerobics	FM
♥ 10 a.m.	Line Dancing	Free
10:30 a.m.	E-mail Basics	\$15/3 weeks
♥ 11 a.m.	Lap Swimming at YMCA**	Free
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 1 p.m.	Table Tennis	Free
♥ 1:30 p.m.	Dance Aerobics	FM
♥ 2:30 p.m.	Fit Mix	FM
♥ 3:30 p.m.	Yoga	FM
♥ 4 p.m.	Cardio/Weight Room at YMCA**	Free

EVENTS

Please register at least one week in advance.

Karaoke Party (547197)

Gather your friends around and sing your favorite tunes!
Wednesday, April 7
1 p.m. • Free

BBQ & Board Games Lunch (547204)

Enjoy a BBQ lunch and then play various board games.
Wednesday, April 14
Noon • \$8

April Potluck (547187)

Wednesday, April 28
Noon • Free

Cinco de Mayo Luncheon (547213)

Chicken enchiladas, Spanish rice, beans, chips & salsa, and churro dessert.
Wednesday, May 5
Noon • \$8

Salsa Challenge (547205)

Enter your salsa to see who has the best. Prizes for 1st, 2nd, and 3rd.
Wednesday, May 12
1 p.m. • Free for entrants, \$3 for spectators

Table Tennis Tournament (547857)

Friday, May 14
12:30 p.m.
\$3 entry fee

Memorial Day Potluck (547188)

Wednesday, May 26
Noon • Free

Hawaiian Luau (547214)

Kalua pork, rice, macaroni salad, sweet potatoes and pineapple upside down cake.
Wednesday, June 9
12:30 p.m. • \$8

**EVENTS** (continued)**June Breakfast (547201)**

Pancakes, bacon, fresh fruit and juice
Wednesday, June 30
10 a.m. • \$5

WORKSHOPS

Please register at least one week in advance.

Cultural Cuisine

3rd Thursdays • Noon • \$3
April 15 *English Shepherd's Pie* (547366)
May 20 *Egyptian Kushari (pasta)* (547367)
June 17 *Armenian Lahmahjoon* (547368)
Noon • \$3

AARP Driver Safety Program

\$12 for AARP Members, \$14 non-members
April 28 • May 26 • June 30 • 3-7 p.m.

Fresh Flower Lei Workshop (547856)

Make a fresh orchid lei just in time for the luau.
Tuesday, June 8
4 p.m. • \$9

**Ask an Attorney (547260)**

An elder law attorney discusses issues relating to active adults/seniors such as wills, health care, financial issues, etc. Bring your questions and receive answers.
Tuesday, June 22 • 10 a.m. • Free

Smoothie Workshop (547180)

Learn how to make a healthy, refreshing drink.
Wednesday, June 23
1 p.m. • \$3

**AARP Free Tax Preparation**

See page 24 for information.

Derfelt Senior Center

CLASSES & ACTIVITIES

229-6601

♥ = Heart Healthy Activities

* YMCA is located at 3521 N. Durango Drive (at Gowan)

** By Appointment only



Monday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$3
♥ 8 a.m.	Tighten & Tone	\$1
♥ 8:30 a.m.	Blood Pressure Checks (1 st & 3 rd Mondays)	Free
♥ 9 a.m.	Yoga for Health	\$3
9 a.m.	Knit & Crochet	\$1
9:30 a.m.	Compulsive Eaters Anonymous	Call
9:30 a.m.	Computers, beginning	\$25/4 weeks
♥ 10 a.m.	Chi Kung	\$5
10 a.m.	Chieko's Painting & Pastel, advanced	Call
♥ 11 a.m.	Tai Chi	\$5
11 a.m.	Self Exploration	\$3
11:30 a.m.	Party Bridge	Call
Noon	Computer, intermediate	\$25/6 weeks
♥ 1 p.m.	Bowling at Santa Fe Station	\$3/3 games
1 p.m.	Texas Hold 'Em	Free
♥ 1:30 p.m.	Chair Fitness	\$3
2 p.m.	Open Computer Lab	Free
3:30 p.m.	BMI, Body Fat & Flexibility Testing (1 st Monday)	Free

Tuesday

♥ 8 a.m.	Tighten & Tone	\$1
8 a.m.	Open Computer Lab	Free
8:30 a.m.	Oil & Acrylic Painting, beginning	\$3
♥ 9 a.m.	Tai Chi with Terry	\$3
9 a.m.	Chieko's Painting & Pastel, advanced	Call
9:30 a.m.	Compulsive Eaters Anonymous	Call
10 a.m.	Movies	Free
♥ 10:30 a.m.	Line Dance	\$3
11 a.m.	Yoga with Nancy	\$3
♥ 11:15 a.m.	Slim & Trim (Mary Lou at YMCA*)	\$3
11:30 a.m.	Duplicate Bridge	Call
12:30 p.m.	Cooking Club (4 th Tuesday)	\$2
1:30 p.m.	Monthly Craft Workshop (3 rd Tuesday)	Call for project

Wednesday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$3
♥ 8 a.m.	Tighten & Tone	\$1
♥ 9 a.m.	Yoga for Health	\$3
9 a.m.	Quilting	\$3
9:30 a.m.	Compulsive Eaters Anonymous	Call
9:30 a.m.	Computers, beginning	\$25/4 weeks

Wednesday (continued)

♥ 10 a.m.	Chi Kung	\$5
10:30 a.m.	Oil Painting with Joanne (1 st & 3 rd Wednesday)	\$3
♥ 11 a.m.	Pilates	\$3
11 a.m.	Bunco & Brunch (1 st Wednesday)	\$3
♥ 11 a.m.	Tai Chi	\$3
Noon	Open Computer Lab	Free
Noon	Mah Jongg	Free
1 p.m.	Creative Writing	Call

Thursday

8 a.m.	Tighten & Tone	\$1
8 a.m.	Open Computer Lab	Free
♥ 8:30 a.m.	T.O.P.S. Weigh-In	Call
♥ 9 a.m.	Tai Chi	\$3
9 a.m.	Conversational Spanish	\$5
9:30 a.m.	Guitar, beginning	\$1
♥ 9:45 a.m.	T.O.P.S.	Call
♥ 10 a.m.	Yoga with Nancy	\$3
10 a.m.	Park Ambassadors (2 nd Thursday)	Free
10:30 a.m.	Guitar, advanced beginning	\$1
♥ 11:15 a.m.	Slim & Trim (Mary Lou at YMCA*)	\$3
11:30 a.m.	Card Club (Party Bridge)	Call
Noon	LV Senior Softball Association (2 nd Thursday)	Free
♥ 1:30 p.m.	Chair Fitness	\$3

Friday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$3
8 a.m.	Open Computer Lab	Free
♥ 9 a.m.	Yoga for Health	\$3
9 a.m.	Chieko's Painting & Pastel, advanced	Call
10 a.m.	Writing for Pleasure	\$3
♥ 11 a.m.	Pilates	\$3
♥ 12:30 p.m.	Ballroom Dance with JoJo	\$5
1 p.m.	Book Club (2 nd Friday)	Free
1 p.m.	Amputee Coalition of Nevada (2 nd Friday)	Free
1 p.m.	Good Time Singers	Call

AARP Free Tax Preparation

See page 24 for information.

EVENTS

Please register at least one week in advance.

First Wednesday/Pre-Bunco Luncheon

Join us for a light lunch prior to Bunco.

Wednesday • 11 a.m. • \$3

April 7 (547469) • May 5 (547506)

June 2 (547556) *Special theme: "A Day at the Beach"*

Wear your favorite beach attire.

Bunco Bonanza

Wednesday • Noon • Free

April 7 (547455) • May 5 (547456)

June 2 (547457) *Special theme: "A Day at the Beach"*

Wear your favorite beach attire.

Toenail Trimming Clinic

First come, first served. Limited to 15 people.

Thursday, April 8 • 11:45 a.m.-12:45 p.m. • Free

Incredible Edible Egg Luncheon (547461)

We'll celebrate the egg with some wholesome dishes including tomato, avocado & egg salad, saucy linguine scramble, ham & broccoli strata and key lime custard pie.

Fun egg facts, trivia and games.

Wednesday, April 14 • 11:30 a.m. • \$5

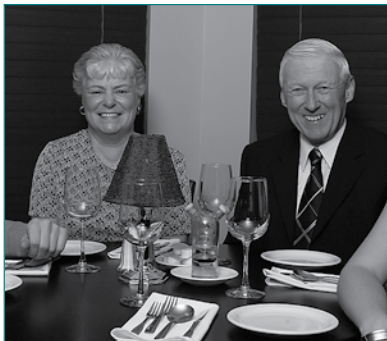
Monthly Breakfast at Derfelt

In recognition of the Mayor's Initiative on Health, those who attend the Tighten & Tone or Fitness over 50 exercise class immediately prior to breakfast will receive an incentive toward breakfast and pay only \$2.

Wednesdays, 9 a.m. • \$3

April 21 *Egg Sandwiches & Seasonal Fruit* (547458)

May 19 *Muffin Frittatas & Fruit* (547459)



EVENTS (continued)

All You Can Eat Taco Buffet (547462)

Celebrate Cinco De Mayo with some trivia, a contest and taco buffet.

Wednesday, May 12 • 11:30 a.m. • \$5

Poker Luncheon (547476)

Monday, May 17 • 11:30 a.m.-12:15 p.m. • \$2

Enjoy a pre-Texas Hold 'Em tournament lunch.

Texas Hold 'Em Tournament (547656)

Monday, May 17 • 12:30-3:30 p.m. • \$1

Breakfast Potluck (547460)

You bring the breakfast and we'll provide the juice and coffee.

Wednesday, June 16 • 9 a.m. • Free

Soup's On

Fridays • Noon • \$2.50

April 9 *Asian Stir Fry Stew* (547451)

April 23 *French Onion Soup* (547452)

April 30 *Zucchini Chicken Cheddar Soup* (547453)

The Salad Bar

Fridays • Noon • \$2.50

May 7 *SW Lentil & Black Bean Salad* (547454)

May 28 *Curried Chicken & Pasta Salad* (547474)

June 4 *Barbecue Thai Chicken Salad* (547475)

June 25 *Eggstra Easy Taco Salad* (547606)

Unusual Holidays Celebrations All Free

National Jelly Bean Day

Thursday, April 22

Beverage Day

Thursday, May 6

National Iced Tea Day

Thursday, June 10



Don't lose your curiosity about life! It's never too late to explore a new activity.

WORKSHOPS

Please register at least one week in advance.

Words on Wheels

Library Services

Register for a free library card and check out items that are brought to the center every three weeks.

Wednesdays • 9:30 a.m.

Free

April 8 & 29 • May 20 • June 10



Community Wellness Series

Health care professionals will provide information on conditions, disease, illness, health and wellness that affect the lives of those 50+.

Thursdays • 9 a.m. • Free

April 1 Balance (547435)

May 6 Diabetes (547436)

June 3 Home Health Care (547437)

Monthly Craft Workshop

Call Derfelt Senior Center for supply list.

3rd Tuesday • 1:30 p.m.

April 20 Magazine bowl

May 18 Ribbon coasters

June 15 Fans

Cooking Club

4th Tuesday • 12:30 p.m. • \$2

April 27

Dips for all occasions

May 25

Spreads for vegetables & breads

June 22

Nutritious smoothies



EDUCATION

Beginning

Computer Classes

Mondays and

Wednesdays

9:30-11:30 a.m.

\$25/four weeks (\$2

registration fee)

\$2 must be paid

with registration.



Intermediate Computer Classes

Mondays (New day) • Noon-2 p.m.

\$25/four weeks (\$2 registration fee)

\$2 must be paid with registration.

AARP Driver

Safety Program

Mondays 9 a.m.-1 p.m.

\$12 w/AARP membership, \$14 without AARP membership

April 12

9 a.m.-1 p.m.

(547418)

April 26 11 a.m.-3 p.m. (547419)

May 10 9 a.m.-1 p.m. (547420)

May 24 11 a.m.-3 p.m. (547423)

June 14 9 a.m.-1 p.m. (547425)



How to Deal Texas Hold 'Em (547706)

The first hour focuses on dealing Texas Hold 'Em and the second hour focuses on dealing tournament play.

Wednesday • June 9 • 1-3 p.m. • \$1

Notary Services

Monday-Friday

1-3:30 p.m. • Free

BY APPOINTMENT ONLY

Standard notary services.

The notary public will not be doing credible witness; they will do subscribing witness on a case-by-case basis.



Two-thirds of older adults who visit parks report moderate or high levels of physical activity during their visit.

Doolittle Senior Center

CLASSES & ACTIVITIES

229-6125

♥ = Heart Healthy Activities



Monday

8 a.m.-5 p.m.	Pinochle, Dominoes and Games	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
♥ 9 a.m.	Strength Training	Free
♥ 9 a.m.	Table Tennis	Free
10 a.m.	Camera Club (1 st Monday)	Free
♥ 10 a.m.	Chair Fitness	Free
10 a.m.	Jewelry Making Class	50¢
11 a.m.	Doolittle Inspirational Singers	Free
♥ 11 a.m.	Shuffleboard	Free
♥ 11 a.m.	Pilates NEW!	\$3
12:30 p.m.	Sewing	Free
12:30 p.m.	Guitar Class	\$4
1 p.m.	Chess	Free
1 p.m.	Pinochle Class NEW!	Free
	(1 st and 2 nd Monday starting June)	
	Must have completed class to participate.	
♥ 2 p.m.	Nintendo Wii	Free

Tuesday

8 a.m.-5 p.m.	Pinochle, Dominoes and Games	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
♥ 9 a.m.	Stretch and Circulation Class	Free
♥ 9-11 a.m.	Blood Pressure Check	Free
	(4/6, 5/4, 6/1)	
9:30 a.m.	Library Outreach	Free
9:30 a.m.	Picture/Scrapbook Album Club	Free
♥ 10 a.m.	Walking Group	Free
♥ 10 a.m.	Shuffleboard	Free
Noon	Bingo	Call
1 p.m.	Game Show Games	Free
1 p.m.	Quilting Class	\$2
♥ 3 p.m.	Nintendo Wii	Free
♥ 3:30 p.m.	Senior Self Defense NEW!	Free

Wednesday

8 a.m.-5 p.m.	Pinochle, Dominoes and Games	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
9 a.m.	Community Garden	Free
♥ 9 a.m.	Strength Training	Free
♥ 10 a.m.	Chair Fitness	Free

Wednesday (continued)

10 a.m.	Crocheting	50¢
11 a.m.	Red Hat Divas (3 rd Wednesday)	Free
	(4/21, 5/19, 6/16)	
11 a.m.	Scrabble Club	Free
12:30 p.m.	Sewing, beginning	Free
1 p.m.	Pinochle Class	Free
	(1 st and 2 nd Wed. starting June)	
2 p.m.	Nintendo Wii	Free
3 p.m.	Shuffleboard	Free

Thursday

8 a.m.-5 p.m.	Pinochle, Dominoes and Games	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
♥ 9 a.m.	Stretch and Circulation Class	Free
10 a.m.	Name That Tune	Free
♥ 10 a.m.	Walking Group	Free
11 a.m.	Guitar Club	Free
11 a.m.	Scrabble Club	Free
Noon	Bingo	Call
Noon-5 p.m.	Computer Lab	Free
1 p.m.	Game Show Games	Free
♥ 2 p.m.	Table Tennis	Free
2 p.m.	Kings in the Corner	Free
♥ 3 p.m.	Nintendo Wii	Free

Friday

8 a.m.-5 p.m.	Pinochle, Dominoes and Games	Free
♥ 8 a.m.-5 p.m.	Fitness Room	Free
8 a.m.-5 p.m.	Computer Lab	Free
♥ 8 a.m.	Table Tennis	Free
8:30-9:30 a.m.	Keyboard	Free
♥ 9 a.m.	Strength Training	Free
10 a.m.	Amos & Andy Movie Series	Free
♥ 10 a.m.	Chair Fitness	Free
♥ 11 a.m.	Soul Line Dancing	Free
♥ 2 p.m.	Nintendo Wii	Free
♥ 3:30 p.m.	Senior Self Defense NEW!	Free

AARP Free Tax Preparation

See page 24 for information.

FEATURES

Doolittle Express

We have a snack bar that serves homemade sandwiches, soup, hot dogs, toast, bagels, salad bowls and more.
Monday-Friday • 9 a.m.-2 p.m. • 5¢ to \$2.50

Award-Winning Community Garden

Join our work crew and reap the benefits of fresh vegetables, fruits and flowers. The garden has 40 raised gardening beds and is located in the 1200 block of Blankenship. Please call the center to get involved and for further details. Master Gardener Don Fabbi meets on Wednesdays, 9 a.m.

Senior Fitness Room Open Daily

Equipment includes treadmills, bicycles, free weights and universal weight machines.
Monday-Friday • 8 a.m.-5 p.m. • Free with membership

EVENTS

Please register at least one week in advance.

Health is Wealth

Tuesdays • 10 a.m. • Free
April 6, May 4, June 1

Picture Album Club

Bring back good memories with old pictures in new photo albums.
Tuesdays • 9:30-11 a.m. • Free, bring your own picture album.

Jazz Lovers Junction

Join fellow Jazz lovers! Bring your music and share stories.
Wednesdays • 11 a.m.-3 p.m. • Free
April 28 • May 26 • June 20

County Kickers

Join fellow Country music lovers! Bring your music and enjoy the sounds. Yee-Haw!
Wednesday, June 23 • 11 a.m.-3 p.m. • Free

Name That Tune

Thursdays • 10 a.m. • Free
April 15 • May 20 • June 17

Doolittle Cinema and Popcorn

Mondays • 1 p.m. • Free
April 19 • May 24 • June 28

EVENTS (continued)

Current Events Discussion & Goodies

Mondays • 9 a.m. • Free
April 12 • May 17 • June 14

Shred It Day

Help prevent identity theft and bring all of your paperwork that needs to be shredded and we'll shred it.
Tuesdays • April 13, May 11, June 8
10 a.m.-11a.m. • Free
Fridays • April 30, May 28, June 25
2-3 p.m. • Free

Old Movies Weekly Series

Two 30-minute episodes of Amos & Andy movies every week.
Fridays • 10-11a.m. • Free

Pinochle Class-New! (548469)

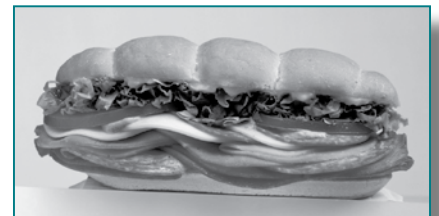
Learn how to play. This is for beginners or if you just need a refresher.
1st and 2nd Mondays and Wednesdays of June.
Advance registration required.
1-3 p.m. • Free

Guitar

After taking six classes, join the Guitar Club and play with the "Never Too Late Band" and perform at a recital at the International House of Blues School House.
Class – Mondays • Noon - 1:30 p.m. • \$4 per class
Club – Thursdays • 11 a.m.-1 p.m. • Free

Hoagie Wednesdays

Includes a hoagie of your choice, cup of soup, dessert and a drink.
11 a.m.-2 p.m.
April 7 (548489)
May 12 (548490)
June 2 (548491)
\$3 per meal



Senior Self Defense Series

Tuesday and Fridays • 3:30 p.m. • Free

Bunco Blast

Tuesdays, April 6 (548545)
Tuesday, May 4 (548546)
Thursday, June 3 (548548)
1-3 p.m.
Cost: Free (Must bring a new bought \$2 gift)

EVENTS (continued)**Joke Day**

Bring your clean jokes to share with the group.

Thursdays • 11 a.m. • Free

April 29 • May 27 • June 24

Monthly Birthday Celebration

Thursdays • 11:30 a.m. • Free

April 29 • May 27 • June 24

Doolittle Senior Quarterly Query (548492)

We provide information on upcoming events and discuss what activities you would like to see at Doolittle Senior Center.

Tuesday, May 18 • 11 a.m. • Free

Back to the Blues

Join fellow Blues lovers! Bring your music and share stories.

Wednesday, May 19

11 a.m.-3 p.m. • Free

Cell Phone 411 (548464)

Tuesday, June 15 • 1 p.m. • \$1

**Senior Ride Program**

Get information and be able to fill out applications for free cab rides.

Wednesday, June 9 • 11a.m.-1 p.m. • Free

Expanded Food & Nutrition Education Program (551007)

This eight-week program will help families stretch their dollars, handle food safely, choose more nutritious diets and obtain knowledge that's needed in the home.

April 8-June 3 (no class May 20)

Thursdays • 10-11:30 a.m. • Free

Hank's Skinner-burger Day

Enjoy Hank's homemade hamburger with fixings, chips and a drink once a month.

Thursdays • 11 a.m.-1 p.m. • \$2

April 8 (548495)

May 6 (548490)

June 10 (548491)

**National Scrabble Day Event (548550)**

Earn the Scrabble King or Queen crown. Registration required

Tuesday, April 13 • 1-3 p.m. • Free

EVENTS (continued)**Stress Awareness Information Session**

Thursday, April 15 • 10-11 a.m. • Free

Name That TV Tune

Tuesday, April 20 • 10-11a.m. • Free

Pinochle Tournament (548484)

Space is limited.

Cost: \$1

Single elimination

Wednesday, April 21 • Noon-4:30 p.m.

Playoff & championship

Thursday, April 22 • Noon-4:30 p.m.

National Jelly Bean Day

Stop by the front desk and take a guess at how many jelly beans are in the jar.

Thursday, April 22 • 9 a.m.-1 p.m. • Free

Pretzel Day (548479)

Monday, April 26 • 11:30 a.m.-1 p.m. • \$1

Seniors Helping Seniors Donation Drive

Bring non-perishable food and toiletry items to be given to a local senior housing facility.

Monday, April 26-Friday, May 7

8 a.m.-4:30 p.m. • Free

Sharing Memories Story Day (548551)

Tuesday, April 27 • 11a.m. - Noon • Free

Pancake N' Sausage Breakfast

Tuesday, April 20 (548607)

Thursday, May 20 (548493)

Tuesday, June 22 (548608)

9-11 a.m. • \$3

**National Salad Month**

May 3, 7 Chicken Caesar Salad

May 10, 14 Taco Salad

May 17, 21 Chef Salad

May 24, 28 Fruit Salad and Yogurt (fruit in season)

9 a.m.-2 p.m. • \$2.50

Cinco de Mayo Luncheon (548478)

Join us for beef enchiladas, Spanish rice, bean and chips & salsa.

Wednesday, May 5 • 11a.m.-1p.m. • \$4

EVENTS (continued)**Mother's Day Pajama Party (546656)**

Wear your favorite PJs and enjoy an afternoon with smoothies, cookies, games and music.

Friday, May 7 • Noon • \$2

National Wildflower Day (552006)

Plant and watch your plant grow in the month of May.

Monday, May 10 • 10-11:30 a.m. • \$1

Wear Purple for Peace Day

Wear your purple and represent the peace that we all need today.

Monday, May 17 • All day • Free

Sunscreen Awareness Presentation from Valley Health

Learn how important sunscreen is for you, especially during the summer months.

Tuesday, May 25 • 10-11a.m. • Free

Memorial Day Potluck (548480)

Thursday, May 27 • 10 a.m.-noon

Free, must bring a dish.

National Chocolate Ice Cream Day (548471)

Chocolate lovers enjoy a frosty treat with sprinkles and syrup.

Monday, June 7 • 10 a.m.-1 p.m. • \$2

Ice Tea Taste Testing (552556)

Tuesday, June 8 • 9 a.m.-2 p.m. • \$.25

Spring Fling (548483)

Registration is required.

Friday, June 11 • Noon-3 p.m. • \$2

Potluck Trail Mix Day (548483)

Bring your own mix of dried fruits, cereal, nuts and seeds to make a trail mix out of this world! Each person will leave with a bag of trail mix.

Tuesday, June 14 • 10:30-11a.m. • Bring a item to add to the trail mix

Root Beer Float Day (548470)

Thursday, June 17 • 10 a.m.-Noon • \$1

Father's Day Steppers Social

Dress to impress and hang your best girl on your arm while you step to familiar tunes.

Monday, June 21 • Noon • \$2

EVENTS (continued)**Diabetes Presentation with Valley Hospital**

Thursday, June 24 • 10 - 11a.m. • Free

Catfish Fish Fry Friday (548482)

Friday, June 25 • 11 a.m.-1 p.m. • \$7

EDUCATION**Computer Classes**

Four-week classes start the first week of the month. Learn the basics and enjoy the one-on-one training. Only four participants per hour session. Classes are FREE. Registration for each session will start the first day of business of the month prior.

Basic Computer Skills I

Thursdays • 10-11 a.m.

May (548460) June (548461)

Basic Computer Skills II

Thursdays • 11 a.m.-noon

May (548465) June (548466)

AARP Safe Driving Course

\$12 for members, \$14 for non-members, payable to AARP Instructor.

Wednesdays

9 a.m.-1 p.m.

April 7 (548463)

May 5 (548467)

June 2 (548468)



WORKSHOPS

Please register at least one week in advance.

Picture Scanning Workshop (548462)

Bring six pictures you would like to scan and have printed to preserve your memories.

Thursday, May 6 • 1 p.m. • \$2

Easter Basket Decoration Class (548501)

Bring your own basket, grass, cello paper, ribbon and enough of whatever candies and eggs you want to make the perfect basket.

Thursday, April 1 • 1-2:30 p.m. • \$1

Card Making - Make and Take

Thursdays, May 13 • June 10

\$2 payable to instructor; leave with six cards/envelopes.

East Las Vegas Community/Senior Center

CLASSES & ACTIVITIES

229-1515

♥ = Heart Healthy Activities

Computer room has open lab times. Please see center staff for days and times.



Monday

9 a.m.	Senior Trading Library	Free
♥ 9 a.m.	Mat & Stand-Up Exercise	\$2
9 a.m.	Open Computer Lab	Free
9 a.m.	Canasta, Cribbage and Pinochle	Free
♥ 10 a.m.	Chair Exercise	\$2
10:30 a.m.	Guitar Lessons NEW!	\$1
♥ 11 a.m.	Nintendo Wii	Free
♥ 11:30 a.m.	Tap Dance, beginning	\$2
11:30 a.m.	Lunch	\$2
♥ 12:30 p.m.	Yoga	\$1
12:30 p.m.	Texas Hold 'Em Poker	Free
1 p.m.	Shutter Bugs Camera Club	Free
1 p.m.	Movie Madness (4/26, 5/24, 6/28)	Free
1 p.m.	Bunco Desert Potluck (Last Monday)	
1:30 p.m.	Jazz & Tap Dancing	\$3
2:30 p.m.	Sr. Jazz	Call
4 p.m.	Sr. Jazz, advanced	Call

Tuesday

♥ 8:30 a.m.	Walking Group	Free
9 a.m.	Computer Class	\$10/3 weeks
9 a.m.	Acrylic Painting	\$5
9 a.m.	Canasta, Cribbage and Pinochle	Free
9 a.m.	Puzzle Club	Free
♥ 10 a.m.	Hula, beginning	\$5
♥ 10 a.m.	Medicare Counseling (4/13, 5/11, 6/8)	Free
♥ 10 a.m.	Hula, intermediate	\$5
♥ 10:30 a.m.	Hula, advanced	\$5
11 a.m.	Open Computer Lab	Free
♥ 11 a.m.	Nintendo Wii	Free
11:30 a.m.	Lunch	\$2
12:30 p.m.	Bridge	\$3
1 p.m.	Cell Phone 101 (2 nd Tuesday)	\$1
♥ 1 p.m.	Korean Folk Dance	\$5
2 p.m.	Computer Class	\$10/3 weeks
♥ 3 p.m.	Japanese Dance	\$5
♥ 6 p.m.	Square Dance Lessons	\$4

Wednesday

♥ 9 a.m.	Mat & Stand-Up Exercise	\$2
9 a.m.	Canasta, Cribbage and Pinochle	Free
9 a.m.	Open Computer Lab	Free
♥ 10 a.m.	Chair Exercise	\$2
11:30 a.m.	Lunch	\$2

Wednesday (continued)

12:30 p.m.	Texas Hold 'Em Poker	Free
12:30 p.m.	Piano, intermediate	\$5
12:30 p.m.	Yoga	\$5
1 p.m.	SLR Camera Class (4/14, 5/12, 6/9)	\$5
1 p.m.	Encore Dance	Call
1:30 p.m.	Piano/Keyboarding	\$5
2 p.m.	Computer Class	\$10/3 weeks

Thursday

♥ 8 a.m.	Walking Group	Free
9 a.m.	Computer Class	\$10/3 weeks
9 a.m.	Canasta, Cribbage and Pinochle	Free
♥ 9 a.m.	Tap Dance	\$2
9 a.m.	Kids-to-Kids Book Cleaning	Free
9:30 a.m.	Line Dancing, beginning	Free
10 a.m.	Crafty Fun (2 nd Thursday)	Free
10 a.m.	Bridge Lesson	Call
10 a.m.	Red Hat Society (1 st Thursday)	Free
10:30 a.m.	Line Dancing, intermediate	\$3
11 a.m.	Open Computer Lab	Free
11:30 a.m.	Tap Dance, advanced	\$2
11:30 a.m.	Lunch	\$2
Noon	eBay Class	\$20/4 weeks
12:30 p.m.	Texas Hold 'Em Poker	Free
♥ 1 p.m.	Ballroom Dance	\$5
2 p.m.	Computer Class	\$10/3 weeks
♥ 7 p.m.	Square Dance	\$3

Friday

♥ 9 a.m.	Mat & Stand-Up Exercise	\$2
9 a.m.	Quilting Social	Free
9 a.m.	Canasta, Cribbage and Pinochle	Free
9 a.m.	Open Computer Lab	Free
♥ 10 a.m.	Line Dance Practice	Free
♥ 10 a.m.	Chair Exercise	\$2
♥ 11 a.m.	Hula Practice	\$3
11 a.m.	Quilting Class	\$3
11:30 a.m.	Lunch	\$2
12:30 p.m.	Zumba for Seniors NEW!	\$3
12:30 p.m.	Round Table Book Club (1 st Friday)	Free

AARP Free Tax Preparation

See page 24 for information.

EVENTS

Please register at least one week in advance.

Monthly Breakfast

9 a.m. • \$2

Thursdays • April 1, May 6, June 3

Line Dance Social

Noon-4 p.m. • \$1

April 9, May 14, June 11

Egg Hunt (ages 50 and better)

Bring your baskets to find those golden eggs filled with prizes!

Friday, April 2 • 11 a.m. • \$2

Spring Shredding Celebration

Bring in information you need shredded and we'll do the work.

Wednesday, April 21 • 10 a.m.-noon • \$2/box

Earth Day Celebration and Picnic Lunch

Celebrate Earth Day with entertainment and great food.

Thursday, April 22 • 11:30 a.m.-1 p.m. • \$4

Brain Bowl

Cross train your brain with interactive games and activities.

Monday, May 3 • 10-11:30 a.m. • \$2

**Monthly Texas
Hold 'Em Tournament**

Last Wednesday of the month.

12:30 p.m. • \$2

Cinco De Mayo Fiesta

Celebrate with Mexican cuisine, pinatas and a salsa challenge.

Wednesday, May 5 • 11:30 a.m. • \$4

Ladies Day Out

Enjoy a day of pampering, crafts, cooking and fun!

Monday, May 10
10 a.m. • \$10

**EVENTS** (continued)**Tea and Scones Social**

Enjoy a freshly brewed cup of tea and delicious scone with jam and cream.

Wednesday, May 12

2-4 p.m. • \$2

Wine Tasting

Learn the basics of wine tasting.

Friday, June 11

1-3 p.m. • \$3

Bunco Tournament

Monday, June 28

2 p.m. • \$2

**WORKSHOPS**

Please register at least one week in advance.

AARP Driver Safety Program

\$12 AARP members; \$14 non-members payable to AARP. Call to register.

April 14, May 12, June 16 • 9 a.m.

Cooking Workshops

Learn new and creative cooking recipes.

Wednesdays, April 14, May 12, June 9

2-4 p.m. • \$2

Where's My Stuff?**How to Organize your Financial Life**

Bring your documents/papers and create a filing system to meet your needs.

Tuesday, April 20 • 10 a.m.-noon • \$2

Container Herb Gardening

Learn about planting and caring for your own container herb garden.

Friday, April 23 • 10 a.m. • Free

AARP Free Tax Preparation

See page 24 for information.

WORKSHOPS *(continued)***Chair Massage**

Receive a therapeutic chair massage from a certified massage therapist.

Mondays • 9 a.m.-1 p.m. • \$5

E-mail

Learn to send pictures, forward messages, add contacts and manage your inbox.

Monday, April 5 • 10 a.m.-noon • \$2

Ask a Lawyer- General Legal Seminar

An elder law attorney from the Senior Citizens Law Project will give a free legal seminar on issues pertaining to those 50 and better.

Tuesday, April 27 • 10 a.m. • Free

Planning for Travel

Use Web sites to map your road trip, book hotel rooms, buy airlines tickets and more.

Monday, May 3 • Noon -2 p.m. • \$2

Leg Workshop

Discussion includes leg care, varicose veins and other issues on the leg.

Wednesday, May 26 • 10 a.m. • Free

Craig's List

It is a FREE, quick and easy online service. No bidding, packing or shipping just a straight forward classified service. You will learn how to set-up an account, handle inquiries, how to make money and much more.

Tuesday, May 4 • 9 a.m. • \$2

Beading Workshop

10:30 a.m. • \$3

Monday, April 26 • Bracelets

Monday, June 7 • Necklace

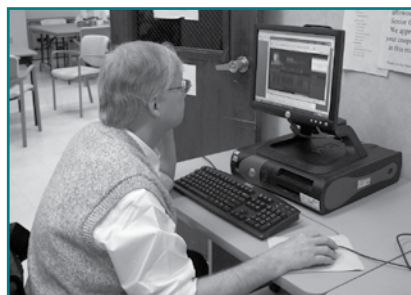
Jam Workshop

Learn how to make homemade jams and jellies.

Wednesday, June 2 • 1:30 p.m. • \$2

Digital Photography Class

Fridays, May 7-May 28 • 9-11 a.m. • \$20

**Computer Classes**

Three-week classes begin the second week of each month. All classes meet Tuesdays & Thursdays. \$10/session payable before first class. Classes begin April 13, May 11, June 8.

April

Intro to Computer 9-10:30 a.m.

Windows 2-3:30 p.m.

May

Windows 9-10:30 a.m.

Internet 2-3:30 p.m.

June

Internet 9-10:30 a.m.

Intro to Computers 2-3:30 p.m.

Open Computer Lab

Wireless high-speed Internet access is available. Call for dates & times.

Mental stimulation helps keep the brain healthy. Learn something new, read, play word games and cards, or engage in lively discussions with friends and colleagues.

Howard Lieburn Senior Center

CLASSES & ACTIVITIES

229-1600

- ♥ = Heart Healthy Activities
 * = Computer lab closed during classes.
 ** = Supplies Extra



Monday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 8 a.m.	Table Tennis	Free
♥ 9 a.m.	Fitness Assessment (Call 229-1604)	\$10
♥ 9 a.m.	Yoga	\$5
♥ 10 a.m.	Fitness Assessment (Call 229-1604)	\$10
10 a.m.	Art Class	\$3*
Noon	Red Hat Goodtime Girls (1 st Monday)	Free
Noon	Daughters Utah Pioneers (2 nd Monday)	Free
Noon	Party Bridge	Free
Noon	Ceramics	\$5*
♥ Noon	Low-Impact Aerobics with Natalie	\$3
Noon	Red Hat Ladies of Joy (3 rd Monday)	Free
Noon	Texas Hold 'Em Poker	Free
1 p.m.	Digital Camera Club (2 nd Monday)	Free
1 p.m.	Lecture Series (3 rd Monday)	Free

Tuesday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 8:30 a.m.	Walk & Talk Walking Club	Free
♥ 9 a.m.	Strength & Flexibility Exercise	\$1
9:30 a.m.	Computer Class	\$6/3 weeks
10 a.m.	N.A.R.F.E. Service Office	Free
10:30 a.m.	Spanish, Beginning	\$3
11 a.m.	Computer Class	\$6/3 weeks
♥ 11 a.m.	In Balance Training with Doris	\$3
11:30 a.m.	Red Hat Lieburnettes (2 nd Tuesday)	Free
Noon	Open Bridge	Free
12:30 p.m.	Intro to eBay & More	\$20/4 weeks
1 p.m.	Alzheimer's Support Group (1 st & 3 rd Tuesday)	Free
1 p.m.	Cooking Club (2 nd Tuesday)	\$2
♥ 1 p.m.	Fitness Assessment (Call 229-1604)	\$10
1 p.m.	New Hope Grief/Loss Support Group	Free
1 p.m.	Scrabble (1 st & 3 rd Tues.)	
	Yahtzee, Chess, Checkers (2 nd & 4 th)	Free
1:30 p.m.	Indoor Sports Arcade	Free
♥ 2 p.m.	Fitness Assessment (Call 229-1604)	\$10

Wednesday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 8 a.m.	Table Tennis	Free

Wednesday (continued)

8:30 a.m.	Breakfast Nook (1 st Wednesday)	\$2
9 a.m.	Circuit Training (Instructor Approval)	\$3
9:30 a.m.	Guitar	Free
9:30 a.m.	Kids-to-Kids (1 st & 3 rd Wednesday)	Free
10 a.m.	Digital Photography Class	\$20/4 weeks
11 a.m.	Nimble Thumbs/ Needle Crafts	Free
11 a.m.	Melodrama Theatre	\$3
Noon	Pinochle	Free
♥ Noon	Low-Impact Aerobics with Natalie	\$3
1 p.m.	Keyboard, beginning NEW!	Free

Thursday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 8:30 a.m.	Walk & Talk Walking Club	Free
♥ 9 a.m.	Strength & Flexibility Exercise	\$1
♥ 9:30 a.m.	T.O.P.S. First Meeting	Free
9:30 a.m.	Computer Class	\$6/3 weeks
10 a.m.	Ask the Master Gardener	Free
10 a.m.	N.A.R.F.E. Board Meeting	Free
10 a.m.	Hand & Foot Canasta	Free
10:30 a.m.	Mah Jongg	Free
11 a.m.	Computer Class	\$6/3 weeks
♥ 11 a.m.	M.S. Exercise Class	Free
Noon	Party Bridge	Free
Noon	Quilting	\$3
1 p.m.	Movie/Trivia Day (2 nd & 4 th Thurs.)	Free
1 p.m.	N.A.R.F.E. General Meeting (2 nd Thursday)	Free
2:30 p.m.	New Member Orientation (1 st Thursday)	Free

Friday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
9:30 a.m.	Angelic Choir Sounds Sing-a-long	\$5
♥ 10 a.m.	Chi Kung	\$5
♥ 10 a.m.	Blood Pressure/Heart Rate Checks (2 nd Friday)	Free
10 a.m.	Hand & Foot Canasta	Free
♥ 11 a.m.	Tai Chi	\$5
♥ 11 a.m.	Lieburn Lunches (4/23, 5/7, 6/4, 6/25)	\$4

Friday (continued)

Noon	Pinochle	Free
12:30 p.m.	Spanish, intermediate	\$3
1 p.m.	Plastic Canvas Needlework	\$3
2 p.m.	Zumba (Latin Aerobics)	\$3

EVENTS

Please register at least one week in advance.

Movie Day

Thursdays

April 8, April 22, May 13, May 27, June 10, June 24

New Member Orientation

Meet the center staff and discover all of the activities available.

Thursdays • 2:30 p.m. • Free • April 1, May 6, June 3

Monthly Breakfast

Wednesdays • 9 a.m. • \$2

April 7 (**545594**) *Waffles & Sausage*

May 5 (**545595**) *Breakfast Burritos*

June 2 (**545596**) *French Toast & Bacon*

Cooking Club

Learn recipes from exotic places around the world. Taste testing is mandatory!

Tuesdays • 1-3 p.m. • \$2

April 13 (**545566**) May 11 (**545567**) June 8 (**545568**)

Caremore Wellness Education Series (545638)

Fridays, April 16, May 14, June 18 • Noon • Free

Mother's Day Tea (546257)

Afternoon tea and finger foods to honor our mothers.

Wednesday, May 12 • 1 p.m. • \$3

Luncheons

Reservations required at least two days prior.

Fridays • 11 a.m. (food served at 11:30 a.m.) • \$4

(**545598**) April 23: Cowboy Poetry Luncheon

(**545599**) May 7: Cinco de Mayo Luncheon

(**545602**) June 4: Summer BBQ

(**545603**) June 25: Father's Day Luncheon

EVENTS (continued)

Lieburn Lecture Series

Free education and priceless empowerment.

Mondays • 1-3 p.m. • Free

April 19 (**545706**) Poor leg circulation

Dr. R. Ruess, Cardiologist

May 17 (**545707**) Dietician's Diary food health

Valley Health Care

June 21 (**545708**) Mouth to Body Connection

Homecare Dentists

WORKSHOPS

Please register at least one week in advance.

Picasa (545583)

Enhance your photos digitally using digital photo software.

Monday, April 19 • 10 a.m.-noon • \$5

COMPUTER CLASSES

Tuesdays & Thursdays

April:

Intro to Computers (545573) 11 a.m.-noon

May:

Intro to Computers (545571) 9:30-10:30 a.m.

Internet & E-mail (545574) 11 a.m.-noon

June:

Word Processing (545575) 11 a.m.-noon

Your First Digital Camera Workshop

Learn how to take a picture with your new camera. This is the very basics.

Thursdays • 2-3:30 p.m.

\$2

April 15 (**545806**)

May 20 (**545807**)

June 17 (**545808**)


AARP Safe Driving Course

\$12 AARP members; \$14 non-members; payable to AARP.

\$2 center membership card. Call to register.

Thursdays • 11 a.m.-3 p.m.

April 15 (**545642**) May 20 (**545643**) June 17 (**545644**)

Las Vegas Senior Center

CLASSES & ACTIVITIES

229-6454

♥ = Heart Healthy Activities

The center has a small library and billiards room open daily.



Monday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
♥ 9 a.m.	Video Aerobics	Free
9 a.m.	Cribbage	Free
♥ 9 a.m.	Ping Pong/Table Tennis	Free
10 a.m.	China Painting	\$3
1 p.m.	Bingo Excitement	Free
2:30 p.m.	Farkle (1 st & 4 th Monday)	Free
2:30 p.m.	Bunco (4/12, 5/10 & 6/14)	Free
♥ 5:30 p.m.	Fun & Easy Fitness NEW!	Free
♥ 6 p.m.	Round Dance, advanced	\$5
6 p.m.	So. NV Gem and Mineral Society (1 st Monday)	Call
6 p.m.	Gold Prospectors (Last Monday)	Call

Tuesday

8 a.m.	Morning Media	Free
8 a.m.	That's Entertainment NEW!	\$5
8 a.m.	Open Computer Lab	Free
♥ 9 a.m.	Indoor Walking Club	Free
10 a.m.	Japanese Embroidery	\$3
♥ 10 a.m.	Nintendo Wii Bowling	Free
10 a.m.	Porcelain Art Guild (1 st Tues.)	Call
10 a.m.	Woodcarving & Wood Burning	Free
♥ 10:30 a.m.	Tap Dance, beginning	\$3
11 a.m.	Hamburger Tuesday	\$2+
11 a.m.	Medicare SHIP Program (3 rd Tues. by appt.)	Free
11 a.m.	Purple Passions Red Hat Society (4 th Tuesday)	Call
♥ 11:30 a.m.	Tap Dance, intermediate/advanced	\$3
Noon	Porcelain Workshop	\$3
♥ 1 p.m.	Cowboy Mike's Line Dance Class (Noon on 2 nd Tuesday)	\$3
1 p.m.	Senior Tripsters (2 nd Tuesday)	Call
1 p.m.	Texas Hold 'Em	Free
3 p.m.	Jewelry Making (1 st Tues.)	\$5
3 p.m.	Wire Wrapping (except 1 st Tuesday)	\$5
♥ 3:15 p.m.	Swing Dance with JoJo	\$5
5 p.m.	Silversmith Class	Call
♥ 5 p.m.	Ballroom Dance	\$4
5:30 p.m.	"Let's Share" Support Group NEW!	Free

Wednesday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
9 a.m.	Croquet	Free
♥ 9 a.m.	Blood Pressure Screening	Free
♥ 9 a.m.	Video Aerobics	Free
9 a.m.	Ukrainian Egg Design	\$3
10 a.m.	Mixed Cards & Games NEW!	Free
♥ 10 a.m.	Tai Chi with Billie Ann	\$3
11 a.m.	Musical Theatre NEW!	Free
♥ 1 p.m.	Ballroom Dance Class with JoJo	\$5
♥ 1 p.m.	Shuffleboard	Free
1 p.m.	Fun Time Singers (Chorus)	\$3
1 p.m.	Weight Loss Support Group NEW!	Free
♥ 2 p.m.	Hawaiian Dance Co.	Call
3:30 p.m.	Desert Wins Duplicate Bridge	Call
3:30 p.m.	Musical Theatre NEW!	Free
♥ 5:30 p.m.	Fun & Easy Fitness NEW!	\$1
♥ 6 p.m.	Round Dance Class	\$5

Thursday

8 a.m.	Morning Media	Free
♥ 9 a.m.	Indoor Walking Club	Free
9 a.m.	Crochet and Knit	Free
9:30 a.m.	Wax In-Lay Beading	\$3
10 a.m.	Humanities Discussion Group	Free
10:30 a.m.	Quilting Workshop	\$3
11 a.m.	Ukulele, beginning	\$3
Noon	Ukulele, intermediate	\$3
1 p.m.	Texas Hold 'Em Lessons/Class	\$3
1 p.m.	Afternoon Movie	Free
1 p.m.	Quilting Class	\$3
2 p.m.	Computers, beginning (Classes begin 4/15 & 6/3)	\$20/6 weeks
3 p.m.	Computers, intermediate (Classes begin 4/15 & 6/3)	\$20/6 weeks
4 p.m.	Guitar, intermediate	\$3
♥ 4:30 p.m.	Hula, advanced	\$3
5 p.m.	Open Computer Lab	Free
5:30 p.m.	Shuffleboard (Indoor) NEW!	\$2
6:30 p.m.	Frontline Recovery Group	Call

Friday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free

9 a.m.	Cribbage	Free
♥ 9 a.m.	Video Aerobics	Free
9 a.m.	Oil Painting Class	\$3
♥ 10 a.m.	Tap Dance, beginning	\$3
♥ 11 a.m.	Belly Dance	\$5
11 a.m.	Frankfurter Friday	\$1 Hot Dog
11:30 a.m.	Ceramics	\$3
Noon	Chinese Mah Jongg	Free
Noon	Computers, beginning	\$20/6 weeks
	(Classes begin 4/15 & 6/3)	
Noon	Blue Card Duplicate Bridge	Call
1 p.m.	Computers, intermediate	\$20/6 weeks
	(Classes begin 4/15 & 6/3)	
1 p.m.	Afternoon Movie	Free
♥ 2 p.m.	Ballroom Dance Social	\$4
♥ 6 p.m.	Ping Pong/Table Tennis NEW!	Free
♥ 6:30 p.m.	Ballroom Basics Dance Class with JoJo	\$5

EVENTS

Registration begins the first working day of the month prior to the date of the event, unless otherwise noted.

Chinese Auction Luncheon (546357)

Bring your unused, gently used items or casino giveaways that you don't want to our Chinese Auction Luncheon. All participants who bring an item will receive center cash. If you don't have items but want to participate you can purchase center cash for \$2. Center cash will be used to bid on your favorite items. Auction will be cancelled if no items are brought in. Lunch will be served and you do not have to participate in the auction.

Wednesday, April 14 • 11:30 a.m.-1 p.m. • \$4

Anniversary Luncheon & More (546350)

Celebrate the Las Vegas Senior Center's Anniversary! You'll enjoy lunch, entertainment and displays provided by the classes and programs here at the center.

Wednesday, May 12 • 11:30 a.m.-1 p.m. • \$4

Lei Making Workshop (550906)

Make a fresh flower lei that you can wear the next day to our Luau.

Tuesday, June 15 • 10 a.m.-Noon • \$10

EVENTS (continued)

Luau Luncheon (546352)

Enjoy entertainment and a Luau style meal with Kalua pork, "mac" salad and more.
Wednesday,
June 16
11:30 a.m.-1 p.m.
\$5



Karaoke Cabaret (546356)

Quarterly chance to share your singing talents with us at the return of the Karaoke Cabaret. Choose from a wide selection of songs and show your talents! You can purchase a Hamburger Tuesday luncheon if you would like or just sing!

Tuesday, June 29 • 12:30 p.m. • Free/\$2



Newcomers Social (546354)

A welcome for new members!

Every 1st Tuesday of the month join us for our popular "Hamburger Tuesday" program, enjoy your lunch for \$2 followed by a tour of the center. We want you to feel at home!

Tuesdays • April 6, May 4, June 1

Noon • Free/\$2 Hamburger Tuesday

Gardening, Planting, Green Thumbs (550156)

Join the master gardner from the cooperative extension program and learn techniques for in-ground and container gardening. Bring a one-gallon planter/container to plant your own plant for your patio.

Monday, May 17 • 10 a.m. • \$3

It's not that you're too old to exercise, it's that you're too old NOT to exercise!

EVENTS (continued)

Senior Health Expo (550706)

Blood pressure screening, eye exams, bone density, diet advice, skin checks, hearing tests, chiropractic advice, cancer screening and more may all be part of this health expo for seniors.

Friday, April 16 • 10 a.m.-1 p.m. • Free

Spring Tea Party (534178)

Register now.
Limit two registrations per person)
Enjoy tea, scones, savories and pastries as we learn the tea history and etiquette; Space is limited.



Tuesday, April 20 • 11:30 a.m.-1 p.m. • \$5

19th Annual 90 Plus Banquet

“A Day of Renaissance”

Step back to the age of Renaissance as we host the Annual 90 Plus Banquet celebrating the lives of seniors 90 years of age or older. If you or someone you know someone that will be 90 or older by May 21 we would like to invite them to this annual event. Call 229-6454 to be put on the mailing list. This event is by invitation only, RESERVATIONS are required.

Friday, May 21 • 4:30-6 p.m.

Tuesday Night and Friday Afternoon Dances

Ballroom Dance Socials are held every Tuesday night with live music from Boyd Coulter and his band.

Tuesdays • 5-8 p.m. • \$4

Fridays • 2-4:30 p.m. • \$4



Spring Birthday Bash (546357)

Celebrate your birthday with us! (Free for those with birthdays in April-May).

Thursday, May 27 • 2-3 p.m. • Free/\$1

EVENTS (continued)

Monthly Cook-Off

Share your favorite recipes; Winners for each month will be awarded a prize.

Wednesdays • 11:30 a.m.-1 p.m.

Free for cooks/\$2 all others

April 28 *National Pecan Month* (546326)

Make your best recipe using pecans from desserts to savories!

May 26 *National Barbecue and Salad Month* (546324)

We are celebrating both this month.

June 30 *National Fruit and Vegetable Month* (546325)

Make a Vegetarian recipe or share your favorite veggies and fruit this month.

Red Hat Rally (533207)

All Red Hat members meeting at a city of Las Vegas Senior Center are invited to join us! Enjoy live entertainment, displays and a three-course sit down meal. See you there! Tickets go on sale March 1.

Friday, April 23 • 11 a.m.-1:30 p.m. • \$10

GAMES

Bingo Excitement News!

Beginning in April, Bingo will be FREE ! Your entry “fee” will be that you bring in a prize item to donate. Items to bring can include canned goods, paper towels, Kleenex or whatever you wish to donate. The items must be new, unused and unopened.

Mondays • 1-2:30 p.m. • Free, with donation of prize

Bunco

Mondays • 2:30-4 p.m. • Free

April 12 (546379) May 10 (546380) June 14 (546381)

Farkle

A fun dice game filled with twists and turns.

1st & 4th Mondays • 2:30-4 p.m. • Free

April 5 (546387) April 26 (546388) May 3 (546389)

May 24 (546390) June 7 (546391) June 28 (546386)

Monthly Texas Hold 'Em Poker Tournament

Tuesdays • 12:30-4 p.m.

Free

April 27 (546417) May 18

(546418) June 15 (546419)



Healthy “U”

Blood pressure screening and weight check weekly! In future issues look for our expanded health day.

Wednesdays • 9 a.m.
Free

**Fun Time Singers**

New chorus director. The chorus meets weekly.

Wednesdays • 1 p.m. • Free

WORKSHOPS

Please register at least one week in advance.

AARP Safe Driving Course

\$12 AARP members, \$14 non-members, must have current senior center membership (payable to AARP instructor)

Fridays • 9 a.m.-1 p.m.

April 9 (546409) May 14 (546410) June 11 (546411)

Crock Pot Cookery (546323)

Learn to make at least two easy crock pot recipes, and of course sample the items! You'll leave with several recipes.

Wednesday, June 23
12:30 p.m. • \$2

**Bread Making (546327)**

Learn to make homemade bread and cinnamon rolls! Take home samples and new recipes!

Wednesday, April 21 • 1 p.m. • \$2

That's Entertainment NEW!

On-going class for puppet and marionette making, costume design, script writing, learning to use the puppets, clowning and make-up application.

Tuesdays • 8 a.m. • \$5

Facebook Follies III (546345)

In this one-day workshop you'll set-up and learn to use Facebook.

Monday, May 3 • 10:30 a.m. • Free

**Computer Classes****Beginning and Intermediate Computer**

Join us for monthly computer classes taught by our experienced instructor. Beginning computer (basic Windows and Word) and intermediate computer (e-mail and the Internet) classes are six weeks of one-hour classes on Thursdays and Fridays. A new class begins on Thursday, April 15 and June 3.

\$20 per session

Beginners: April 15 (546341)

Intermediate: April 15 (546342)

Beginners: June 3 (546343)

Intermediate: June 3 (546344)

Open Computer Lab

Come and practice your skills! Computers are available on a first come, first served basis and have a time limit of two hours. You must check in at the front desk to utilize the lab.

No instruction or assistance will be provided for Open Computer Lab sessions.

Weight Loss Support Group

Join us for our new support group. You can share your success, what you need help with and more as you make your journey to a healthy lifestyle. Members of the group will select the direction the group moves in.

Wednesday, 1 p.m. • Free

A friend or social group can serve as a support network, helping you achieve your fitness goals.

Active Adult/Senior Center Day Trips

Join us for fun-filled day trips!

Participants must have a current membership. Advance registration and a \$2 non-refundable transportation fee are required per trip. Space is limited for each trip and additional costs are noted. Additional costs must be paid day of trip directly to the trip location. Participant is responsible for providing his/her own lunch or purchasing lunch where noted, as well as any personal spending money. Please call the individual facility for more information.

Dates Registration Opens

March 1 - April Day Trips • April 5 - May Day Trips • May 3 - June Day Trips

Centennial Hills Active Adult Center229-1702

Additional Cost

Departure and return times are an estimate; you will receive a call the day before with exact times.



Clark County Fair (547207)

April 8 8:30 a.m.-3:30 p.m.

Entry fee to fair (\$8 general admission, \$6 seniors 60+)

Enjoy rides, shopping and food at the annual fair.



Parks, Trails & Open Spaces

Total Park Acreage 1,700 acres

Walking Path Mileage 70 miles

Trails Planned 132 miles

*Park Name	Ward	Mileage
Firefighter's Memorial Park	1	0.86
All American Park	2	0.80
Freedom Park	3	0.75
Kellogg-Zaher Park	4	2.2
James Gay III Park	5	0.68
Centennial Hills Park	6	1.50

Additional parks include walking/jogging trails.

*For detailed information on the parks located in the city of Las Vegas, visit www.lasvegasparksandrec.com.

Derfelt Senior Center229-6601

Additional Cost

Hike - Ireteba Peaks Point (547463) **April 16** **8 a.m.-2 p.m.**
Moderate hike – level 5 out of 10. Established trail but some rock scrambling. Hike is in Nelson area.

Hike - White Rock Hills Park (547464) **May 15** **8 a.m.-2 p.m.**
Hike the Red Rock area; Trail is poorly maintained and is a moderately difficult hike; level 6 out of 10.

Laughlin Day Trip (547465) **May 21** **8 a.m.-4 p.m.** **Personal + Lunch \$**
Travel to Laughlin in a comfortable coach bus. Explore the town and see the sites.

Hike - Keystone Thrust Trail (547466) **June 11** **8 a.m.-2 p.m.**
Hike Red Rock. Relatively easy hike; 2.2 miles; be prepared for warmer weather. Bring plenty of water, sunscreen and hat.

Downtown Cultural Series:

Backward Glance Band (547467) **June 18** **11 a.m.-2 p.m.**
Bluegrass, Old Time Country, folk and Gospel music, light lunch included.

Doolittle Senior Center229-6125

Additional Cost



Logandale State Fair (548474)
April 9, 9 a.m.-4 p.m.
Lunch \$

House of Blues Foundation Recital (548477) **May 12** **9 a.m.-3 p.m.** **Lunch \$**
Support our senior “Never Too Late Band” at the HOBf for our 5th Annual Recital.

Buffet Breakfast and Movie **Fridays** **9 a.m.-3 p.m.** **Movie and Breakfast \$**
April 16 (548472) May 21 (548473) June 18 (548476)

Trip to Primm, Nevada (548475) **June 28** **9 a.m.-3 p.m.** **Lunch + Shopping \$**

East Las Vegas Community/Senior Center.....229-1515

Additional Cost

Clark County Fair (549982)	April 8	Van leaves at 9 a.m.	Bring sack lunch
Picnic at Red Rock (549983) <i>Visit the new Visitor Center and see the sites.</i>	April 30	Van leaves at 9 a.m.	Bring sack lunch
Digital Camera Trip – Wetlands (549981) <i>Bring your camera. We'll be focusing on High Dynamic Range photos.</i>	May 10	Van leaves 10 a.m.	Bring sack lunch
Breakfast and a Movie	May 19	Van leaves at 9 a.m.	Personal \$
Breakfast and a Movie	June 4	9 a.m.	Personal \$

Howard Lieburn Senior Center.....229-1600

Additional Cost

Tandem Bike Riding in Floyd Lamb Park (545592) **April 15** **8:30 a.m.–2 p.m.**
Ride tandem bikes at Floyd Lamb Park; bring your own sack lunch.



Hiking in Red Rock (545593)

April 28 • 8:30 a.m.–3 p.m.

Enjoy an intermediate level hike on the beautiful La Madre Canyon in Red Rock.

Bring your own sack lunch.

Downtown Cultural Series (545589): **May 21** **10:30 a.m.–2:30 p.m.**
Hakatoa - The Dance of Courage Presented by the Las Vegas Maori Culture Club

Photo Enthusiast Outing (545591) **May 10** **8:30 a.m.-3 p.m** **Bring sack lunch**
Mt. Charleston wildflowers are featured on this outing.

Downtown Senior Services Center

702-229-6690

Your one-stop shop for senior services from the city of Las Vegas!

Bridger Health Center

310 S. Ninth St., Suite 110
220-9932

Medical services include geriatrics, family practice, women's health and lab services provided by Nevada Health Center. Medicare, Medicaid and most insurances are accepted. A sliding-fee scale is offered for qualified, uninsured patients.

Senior Citizens Law Project

310 S. Ninth St., 2nd Floor
229-6596

Provides legal counsel and assistance to Clark County residents 60 years of age and older. See next page for more information.

Jude 22 Senior Nutrition Center

300 S. Ninth St.
229-1142
Monday-Thursday, 8:30 a.m.-1:30 p.m.
Friday, 8:30-11:30 a.m.
Closed 11:30 a.m.-Noon

Emergency food assistance available for adults age 60 and older who meet low-income federal guidelines.



Nevada 2-1-1 helps connect seniors with resources.

Have you ever needed help finding a resource to assist you with a problem you face? Nevada 2-1-1 is a great resource that can connect you to agencies that can provide answers.


Call 2-1-1 for information about:

- Basic human services
- Physical and mental health resources
- Employment support services
- Programs for children, youth and families
- Support for seniors and persons with disabilities
- Volunteer opportunities and donations
- Support for community crisis or disaster recovery

You can also access this information online at www.nevada211.org.

The city of Las Vegas Senior Citizens Advisory Board helps Las Vegas serve seniors.

This group of advocates works on your behalf to help provide workshops, create partnerships and advise the City Council and staff about the needs of our senior population.

The Senior Citizens Advisory Board meets on the second Thursday of each month at 1:30 p.m. at the Downtown Senior Services Center. The meetings are open to the public and we encourage you to share your opinions with the board. 

The Department of Leisure Services is committed to the fair, honest, and professional treatment of all individuals and organizations with whom we serve. We fully support the Americans with Disabilities Act (ADA) and are dedicated to customer satisfaction. If you are an individual with a disability or a parent of an individual with a disability and require program modifications, please contact the program supervisor two weeks prior to the program start date. Program modifications will be made on an individual case-by-case basis. The City of Las Vegas Department of Leisure Services prohibits discrimination based on race, color, national origin, age, or disability in its programs and activities. If any individual believes he or she has been discriminated against, he or she may file a discrimination complaint with the Director, Equal Opportunity Program, U.S. Department of the Interior, National Park Service, P.O. Box 47127, Washington, DC 20013-7127.

Senior Citizens Law Project

The city of Las Vegas' Senior Citizens Law Project provides quality legal counsel and assistance to Clark County residents 60 years of age and older regardless of income. There is no fee for these services; however, donations are accepted. Clients must attend a self help seminar to have their legal issues reviewed; those requiring further assistance will be scheduled for an individual appointment with an attorney.

To reserve your place at an upcoming seminar, call **229-6596**, Monday-Friday, 8 a.m.-5 p.m. The Senior Citizens Law Project currently provides advice and assistance in a variety of legal areas including:

- Consumer Disputes and Debts
- Elder Rights
- Estate Planning
- Long-Term Health Care Planning
- Public Entitlements

The Senior Citizens Law Project does *not* provide assistance in the areas of:

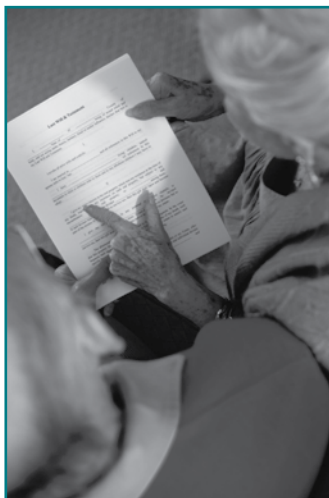
- Criminal Law
- Family Law
- Personal Injury
- Utility or Housing Assistance

Weekly Legal Assistance

Monday-Thursday

9 a.m.-4 p.m. • By appointment only

Appointments will be made for clients needing assistance with legal matters including, but not limited to, general legal information, advance directive/planning for incapacity, affidavits of entitlement, bankruptcy pre-screening, consumer disputes and debts, estate planning, homesteads, medical records, name changes, sealing of records, safe deposit box issues, Social Security and termination of joint tenancy.



Self Help Seminars

Ask a Lawyer - General Legal Seminars

Come join an elder law attorney from the Senior Citizens Law Project for a free general legal seminar on issues relevant to seniors. Space is limited; call 229-6596 for more information or to reserve a place at one of the seminars. Individual appointments are not available at the seminars.

Heritage Park Senior Center267-4150

300 S. Racetrack Road, Henderson

Tuesdays, April 6, May 4, June 1 • 9–11 a.m.

Boulder City Senior Center293-3320

1001 Arizona St., Boulder City

Tuesdays, April 13, May 11, June 8
9–11 a.m.

East Las Vegas Senior Center229-1515

250 N. Eastern Ave.

Tuesday, April 27 • 10–11:30 a.m.

Las Vegas Senior Center.....229-6454

451 East Bonanza Road

Tuesday, May 25 • 10–11:30 a.m.

Centennial Hills Active Adult

Center.....229-1702

6601 N. Buffalo Drive

Tuesday, June 22 • 10–11:30 a.m.



Leisure-On-The-Go

Leisure-On-The-Go is a work unit within the Senior Citizen Programs Division of the city of Las Vegas Department of Leisure Services. This unit works directly to serve low income seniors who reside in the following Housing Authority and/or mobile home sites:

- Archie C. Grant Park
- Arthur D. Sartini Plaza
- Rulon Earl Mobile Home Park
- Three Crowns Mobile Home Park
- Robert Gordon Plaza
- Villa Borega Mobile Home Community

From special events and workshops to day trips and a community garden, **Leisure-On-The-Go** is a great example of how we strive to provide programs and services to a wide array of senior citizens. For more information, please contact Stephanie Richard at 229-4160. 🌅



REACHING OUT TO YOU!

Field Trips • Recreation
Play • Adventure • Fun
Diversity • Education • Socialization



Community Gardens offer opportunities for socialization, development of community pride, sustainability and fresh grown produce. Participants actively utilize daily living skills while being involved in a rewarding educational and recreational experience. Call Delfina at **229-6690** for more information.



Mayor's Healthy Lifestyle Initiative

Committing to an Improved Quality of Life

Mayor Goodman's vision of a healthy and active community starts with each one of us getting smart, getting up and getting out. Our award-winning parks, recreation centers, cultural centers, swimming pools, and sports complexes offer something for everyone. In addition, our trail systems throughout the city provide ample opportunities for walking, bicycling or jogging.

So we invite you to join us today to begin living beyond the neon. But if you're at all apprehensive about getting involved, or really don't know where to start, please speak with a staff member. We're committed to working together with you to meet your leisure time needs as well as to improve your quality of life. You also can visit **www.getfitlasvegas.org** to view any special events planned with the Mayor. 🌅



749 Veterans Memorial Drive, Las Vegas, NV 89101

www.lasvegasparksandrec.com

Las Vegas City Council
Mayor Oscar B. Goodman

Mayor Pro Tem Gary Reese, Ward 3 - Councilman Steve Wolfson, Ward 2
Councilwoman Lois Tarkanian, Ward 1 - Councilman Steven D. Ross, Ward 6
Councilman Ricki Y. Barlow, Ward 5 - Councilman Stavros S. Anthony, Ward 4

City Manager Elizabeth N. Fretwell - Deputy City Managers: Orlando Sanchez, James R. Nichols
Chief Urban Redevelopment Officer Scott D. Adams
Department of Leisure Services Director Billie M. Bastian, CPRP

